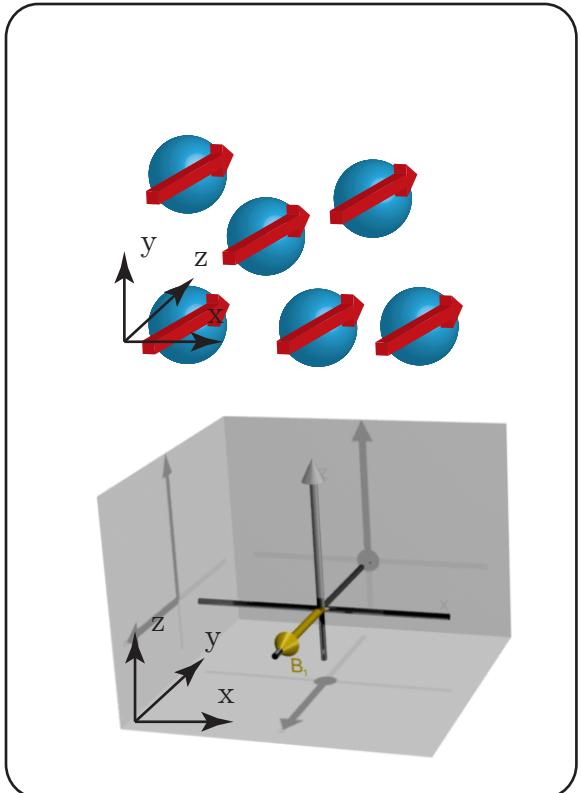
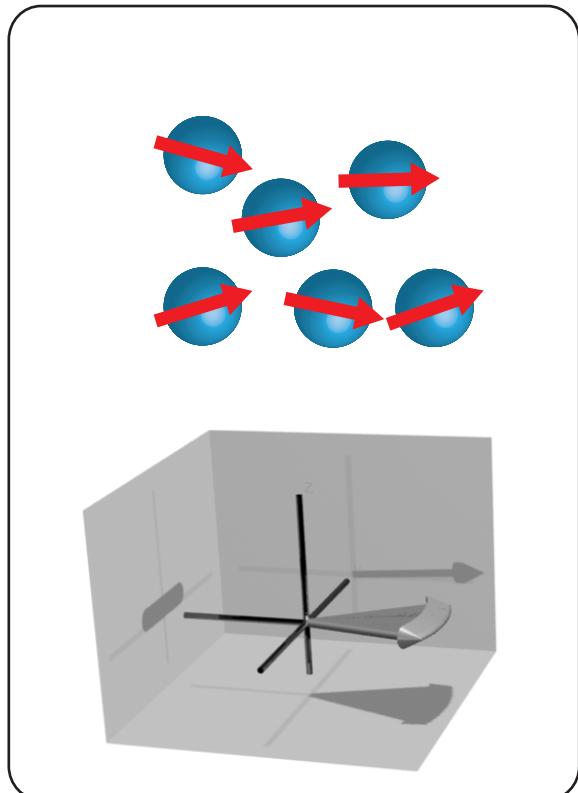


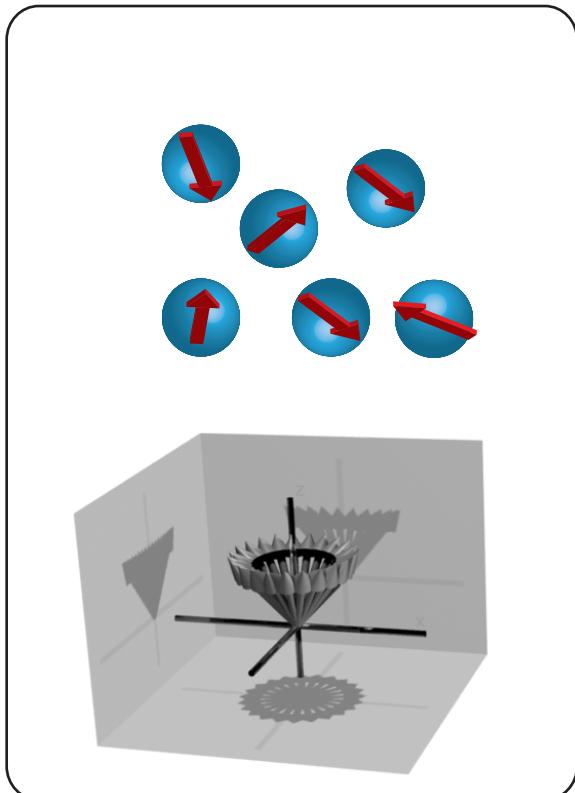
(1) Equilibrium  
before excitation



(3) Spins begin to dephase



(5) Some longitudinal  
magnetisation is restored



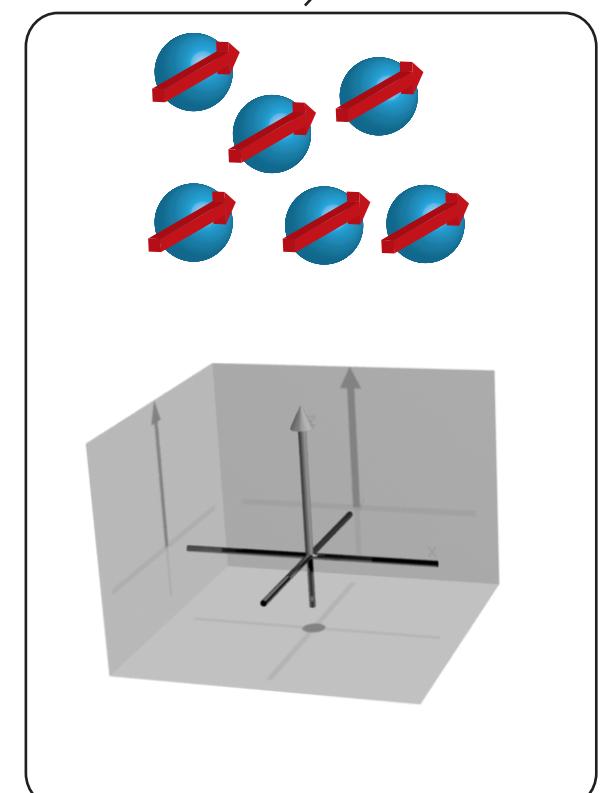
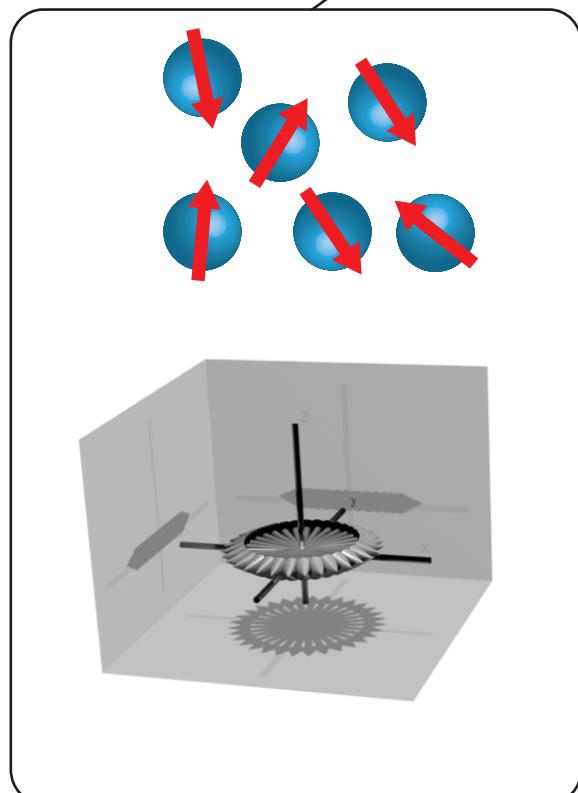
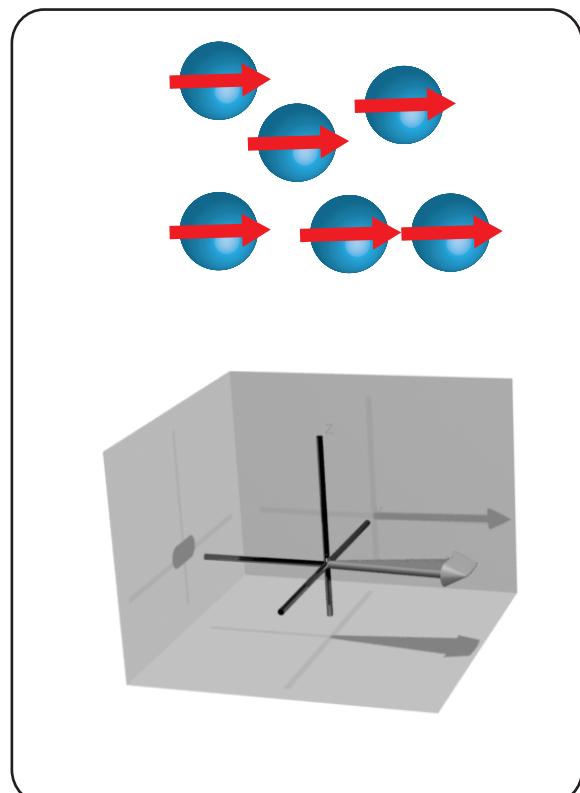
Excitation

Relaxation

$|M_z|$

$|M_{xy}|$

time



(2) Spins in phase  
in transverse plane

(4) Spins in transverse plane  
are completely dephased

(6) All longitudinal  
magnetisation is restored